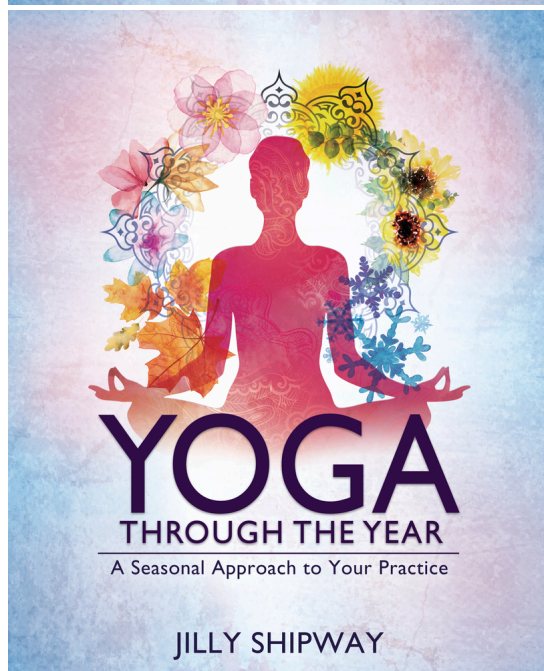
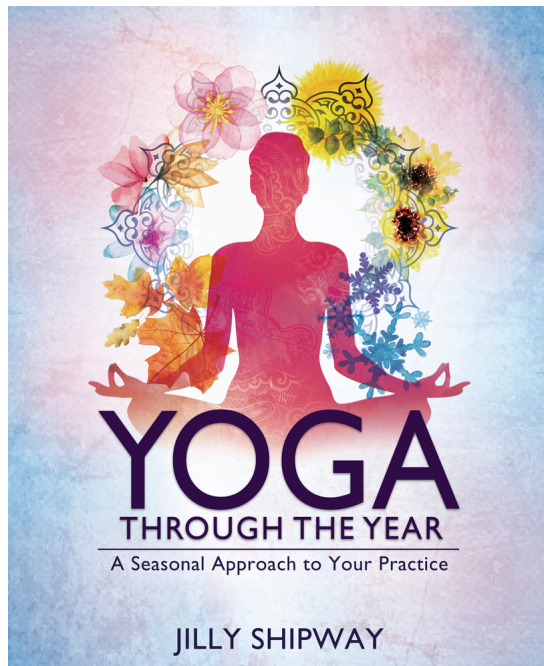


Yoga Through The Year - Shipway



A SEASONAL APPROACH TO YOUR PRACTICE

Rating: Not Rated Yet

Price

Salesprice with discount

Sales price \$18.99

Sales price without tax \$18.99

Tax amount

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Description

Create a Powerful Connection Between Yoga and the Wheel of the Year

Find balance in your yoga practice and your life by connecting with nature and the cycle of the seasons. Yoga Through the Year reimagines yoga as a way to unite complimentary opposites—heaven and earth, sun and moon, male and female. Providing inspiration, guidance, and more than 100 illustrations, this book shows you how to work with the prevalent energy of each season and develop an authentic practice that makes you happier and healthier.

Learn how to best work with the challenges and opportunities present throughout the wheel of the year. Explore mindfulness exercises, visualizations, meditations, and yoga poses and sequences that are specially designed for each season. This remarkable book's approach can be personalized to fit your needs all year long. With it, you can develop your own rhythm in response to each seasonal change.

Reviews

There are yet no reviews for this product.